

# summer weekend yoga retreat on Whidbey Island

august 27-29, 2010

Friday - restorative flow, intention setting

Saturday morning - meditation & flow

Saturday evening - pranayama, restore, yoga nidra


Sunday morning - sitting meditation & flow

**\$450 before August 7th (\$500 after)**  
**(\$435 camping)**

*\$200 nonrefundable deposit*

Prices include yoga, lodging, food and WA tax.

Check in/out 3pm

[www.tinybench.com](http://www.tinybench.com)  503.957.2202

[www.yogalodge.com](http://www.yogalodge.com)